



PRAYING THE Psalms

Based on Psalm 39 by Sheila Lutz

O Lord,

What a journey! You have taken me from lows to highs — like an awesome, beautiful song.

I had big problems with my mouth; I thought I was "watching out." I thought *You* were putting thoughts into my head so I could see the faults and correct them. Through this journey, however, I have seen that the fault-finding and complaints were not from You but from my own selfish nature.

Then I thought, "I'll watch my ways and muzzle my mouth." But when I tried to control me, it only led to anguish and disquiet within my heart. You taught me that opening my mouth was for You and led me to speaking and singing — speaking words of peace and singing songs of praise and hope.

Finally, I am seeing how You change me ... from year to year ... month to month ... day to day. I'm not "there" yet, I know. But now ... now ... now it's different ... I'm different. I didn't think I'd ever be free of my critical ways, until You showed me that it's not

what I do, but what You have done for me, through Your Word and Sacraments, that lets me be joyful. I used to meditate on the wrongs, and the fire grew hot within me; now I meditate on *You* and rejoice.

Thank You that You showed me the way, O Lord. Thank You for still teaching me and wanting me and loving me just as I am. Thank You for filling me with Your grace and letting me reach out with Your love. Thank You for the times of silence before You — for making me joyful to be me, Your creation. *You* are the one who has done this. You heard my plea, melted my heart, and molded me through the power of Your Holy Spirit.

Now, with a voice of singing, I can feel the smiles welling up inside when confronted with temptation and rejoice. I can give You the glory in the everyday tasks, the challenging times, the mountaintop experiences, and the daily awesomeness of what You have created. I love You, Lord. Don't ever stop being the conductor of my song! **Q**